

Aging & Disability Services

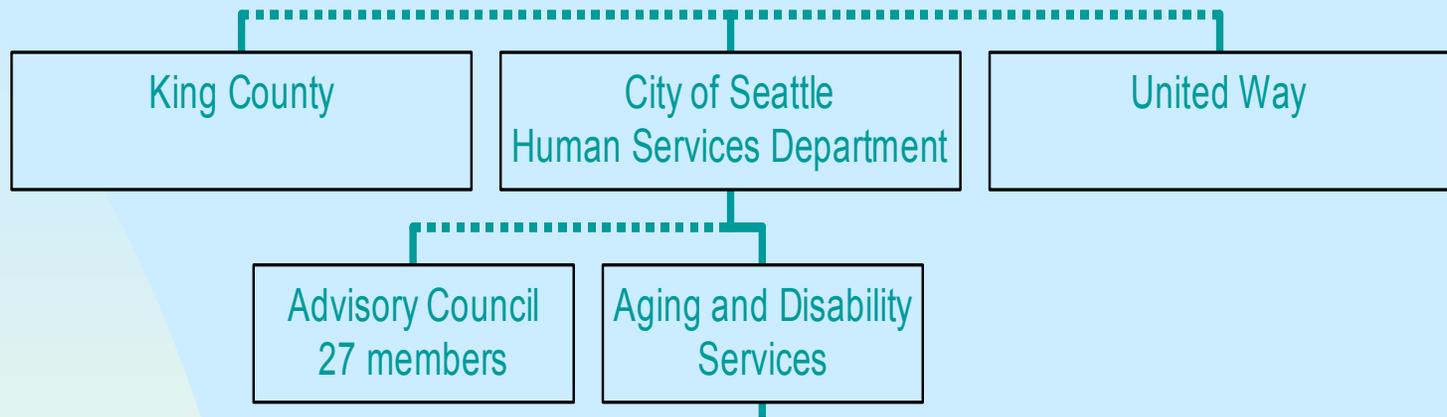


Area Plan on Aging 2004-2007

Seattle Human Services Department

Sponsored by United Way, King County, and City of Seattle

Organization Chart



Front row, left to right: Timmie Faghin, Cleo Corcoran, Yolanda Sanchez-Lovato, Lisa Yeager, Gabriel Cohen, Joanne Brekke, Thelma Coney, Adam John.
Back row: John Kennedy, Larry Verhei, Marc Avni.

Mission

To develop a community that promotes independence, choice and quality of life for older people and adults with disabilities in King County.

Area Plan on Aging

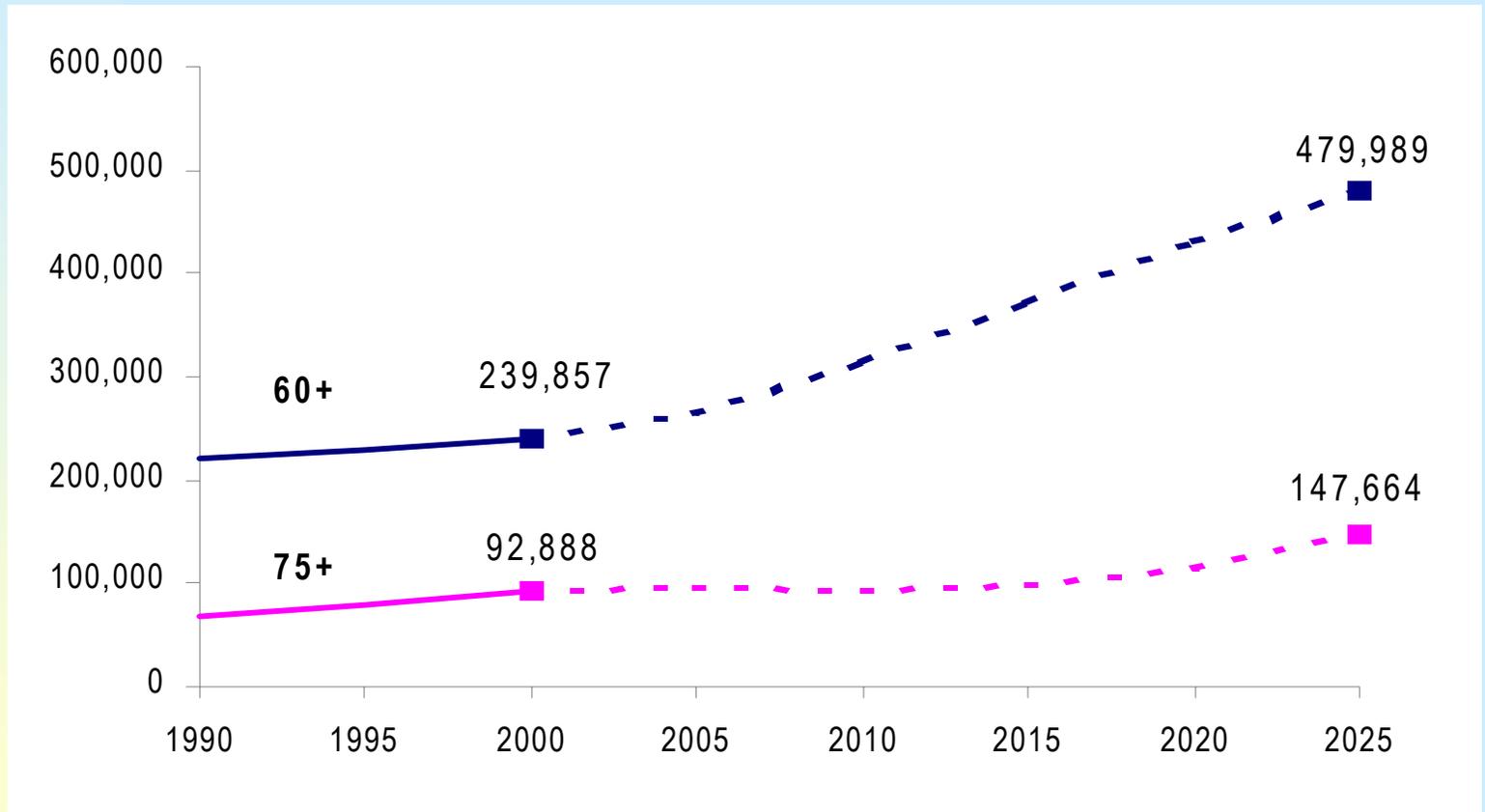
- Guides work from 2004 - 2007.
- Based on community input process.
- Highlights goals for area seniors.
- Summarizes annual budget of \$58 million in federal, state and local resources.
- Lists planned levels of service.

Trends to Watch

- 60+ population will almost double during next 20 years - suburbs
- 85+ residents already climbing fast
- Increasing people of color in 60+ cohort: 1990 – 10%; 2000 – 15%; 2050 – 33%
- Increase in people below poverty
- Decreasing disability rates
- Persistent health disparities

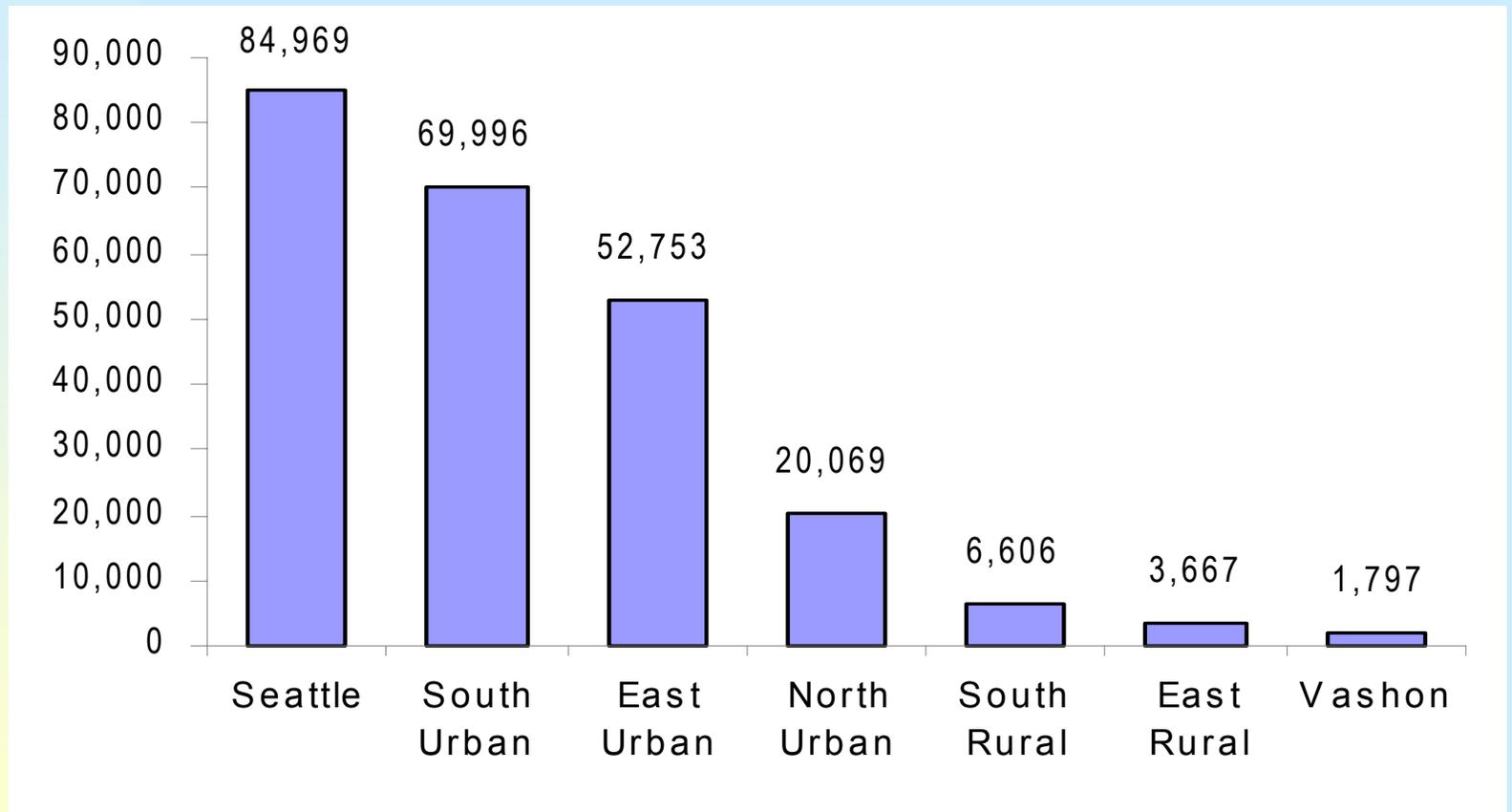
Demographics

King County 60+ and 75+ Populations, 1990-2025

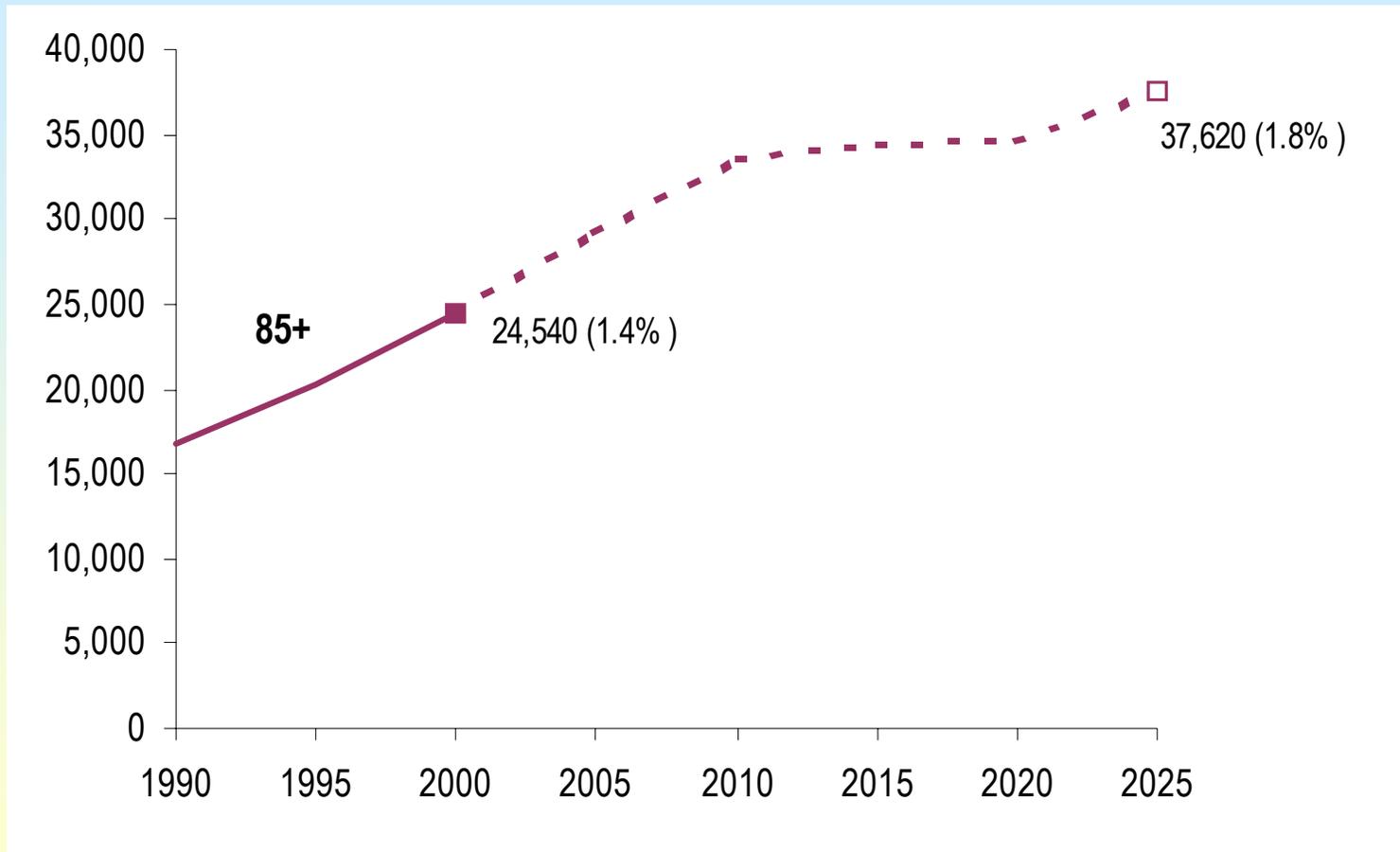


Demographics

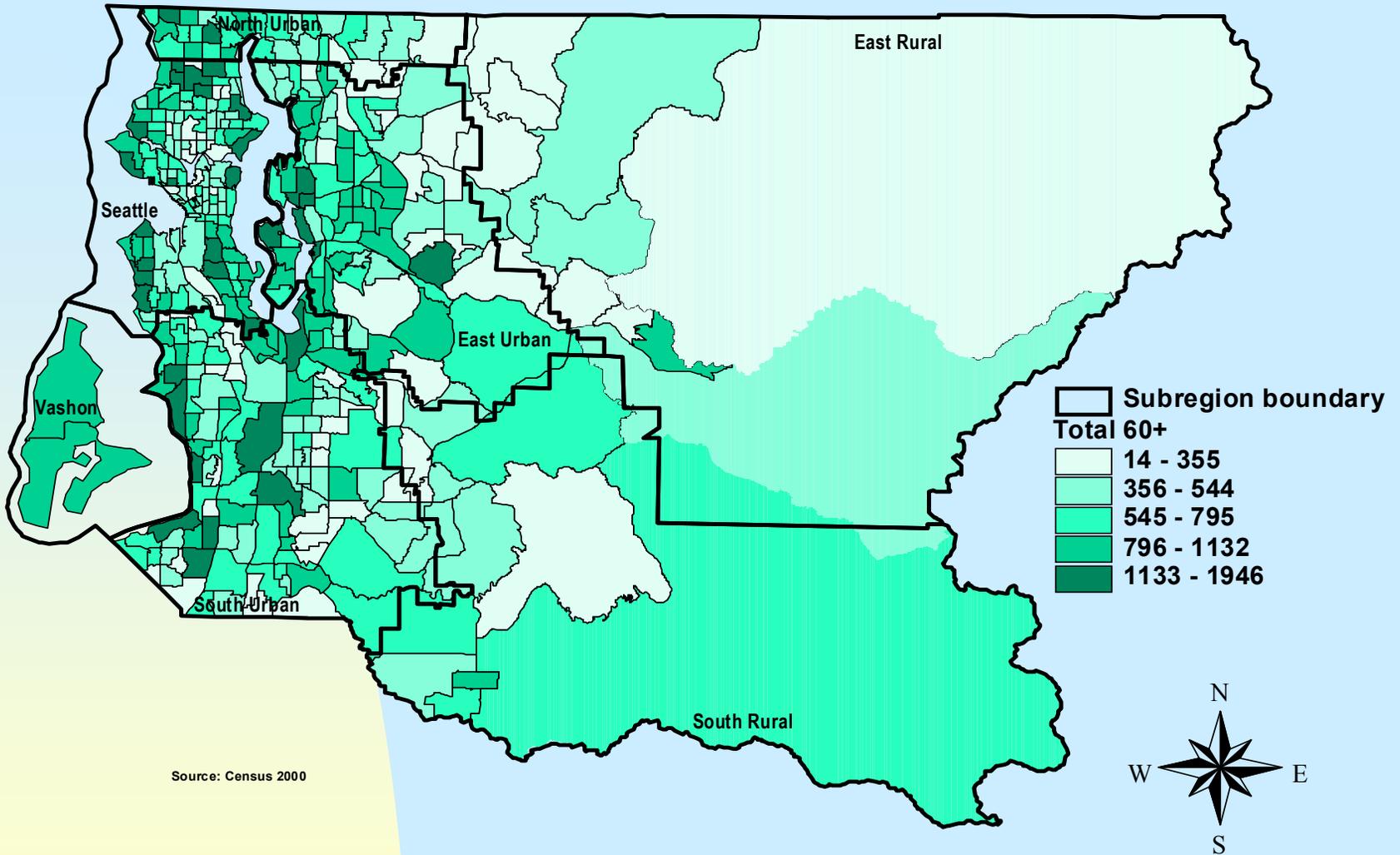
60+ Population by Subregion



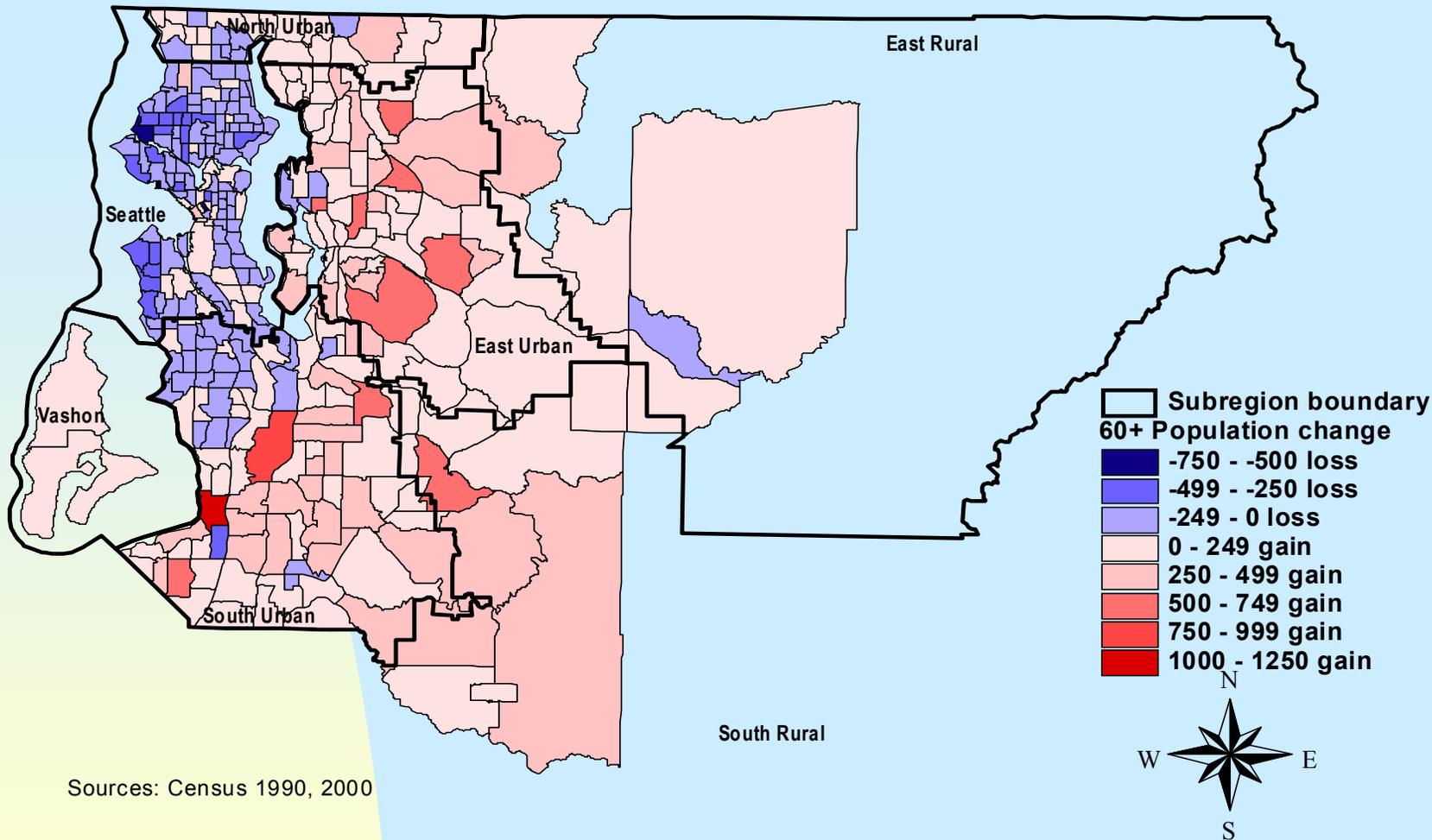
85+ Population



Map 1. Total 60+ Population, 2000



Map 2. Change in 60+ Population, 1990-2000



Focus Areas

- Basic Needs
- Health & Well Being
- Social & Civic Engagement
- Independence for Frail & People with Disabilities

Basic Needs Issues

- Affordable housing
- Mobility links
- Access to appropriate benefits and services
- Native American elders access to services
- Rural elders transportation challenges

Basic Needs Objectives

- Increase
 - Section 8 vouchers
 - Rides using neighborhood shuttles
 - Access to benefits and services
 - 2-1-1
 - Translation
 - Benefits Checkup
 - Native American access
 - Rural transportation and affordable housing options

Basic Needs Indicators

- % of people age 65+ who
 - are aware of selected services in their community
 - report cutting the size of or skipping meals due to lack of money
 - have access to public transportation
- % of rental housing that is affordable (Communities Count)

Health & Well Being Issues

- Increasing prevalence of chronic conditions
- Depression afflicts 10-20% of people 65+
- Excessive consumption of alcohol and prescription drugs undetected
- Health disparities are increasing
- Chronic disease management proves successful

Behavioral Risk Factors

70 percent of the physical decline related to modifiable risk factors.

11 of the 13 leading causes of death, hospitalization, and disability:

Overweight and obesity

Physical inactivity

Consuming excess alcohol

Poor nutrition

Health & Well Being Objectives

Increase

- Awareness of disease prevention measures
- Physical activity
- Clients whose chronic disease is under control
- Refugee elders in health promotion
- Low-income participants in congregate nutrition
- Consumption of fruits & vegetables

Health & Well Being Objectives

Reduce

- Symptoms of depression
- Health care costs through chronic disease management

Health & Well Being Indicators

- % of people 65+
 - whose physical or mental health interfered with their activities in the past month
 - who participate in regular physical activities
 - who report being in good to excellent health

Social & Civic Engagement Issues

- Dramatic loss of social capital
 - Longer working hours
 - More women working
- Community engagement important aspect of retirement
- Built environment can promote community engagement

Social & Civic Engagement Objectives

- Increase
 - Universally designed public housing units
 - Community awareness of UD principles
 - Elder sensitive neighborhood revitalization projects
 - Participation in Seniors Training Seniors in Computer Basics
 - Older adults actively engaged in community life

Social & Civic Engagement Indicators

- % of adults who
 - Are active in three or more life-enriching activities (Communities Count)
 - Are volunteers
 - Have opportunities to work

Independence Issues

- Family caregiver burden
- 3% of older adults have been abused or neglected
- Home Care Quality Improvements
 - Growing number of agencies
 - Home care worker shortages East County
 - Matching referrals to workers

Independence Objectives

- Increase
 - Family caregivers receiving information and assistance from physicians and social workers.
 - Latino and Native American families' access to caregiver support

Independence Objectives

- Increase
 - Home care worker wages
 - Home care referral acceptance rate
 - Home care workers in East County
 - <60 Amy Wong Client funds
 - Referrals by gatekeepers
- Reduce
 - Caregiver burden

Independence Indicators

- % of people age 65+
 - With adequate assistance in activities of daily living
 - Who have someone to help them if they are homebound (Communities Count)
 - Who are able to get respite/rest from their caregiving activity

*“It is not the years in
your life, but the life in
your years that counts.”*

Adlai Stevenson